

Mountain View Senior Center Fall 2007 Class Directory

Welcome to the Mountain View Senior Center! Please enjoy perusing our 2007 Fall Class Guide. Thanks to our new 24,000 square foot facility, the Senior Center is able to offer more classes than ever! This fall, you will have the opportunity to choose from over 45 Foothill College, Mountain-View Los



Altos Adult Education, and volunteer-run classes. We have classes for all interests: from knitting to woodcarving, from computer introductions to yoga, and from orchestra to lip reading, there's something for everyone.

This guide is organized by the day and time of each class, and the alphabetized directory below allows for easy reference. As you look through the guide, keep in mind that different classes have different ways to register. More information about enrollment can be found on **Page 23**. Hope to see you soon!

CLASS	INSTRUCTOR	PAGE
ADAPTIVE HATHA YOGA	M. ALEXANDER	4, 16
ARTHRITIS EXERCISE	S. LOHMANN	9, 22
BOOKBINDING, BOXES, ETC.	E. KRUPNICK	9
CALLIGRAPHY, BEGINNING/ INTERMEDIATE	S. FRANK	21
CERAMICS, BASIC (WEDNESDAY)	C. MACPHERSON	13
CERAMICS, BASIC (THURSDAY)	S. WORLEY	18
CERAMICS, SMALL SCULPTURE	C. MACPHERSON	12
CHINESE FOLK DANCE	P. CHEN	7, 15
CHORUS	M. RIDGWAY	12
CREATIVE STITCHERY CLUB	J. FERREIRA	5
DRAWING & WATERCOLOR	B. DIXON	8
ENGLISH AS A SECOND LANGUAGE	S. ALTUS / N. ROSS	4, 16-17, 20-21
EXERCISE ON BROADWAY	M. RIDGWAY	9, 19
EXPRESSIVE HATHA YOGA	M. ALEXANDER	6, 18
FELDENKRAIS	J. ELVIN	22
FIGURE AND PORTRAIT DRAWING	K. YOUNG	19
GENEALOGY - (COMPUTER BASED)	V. HAMILTON	6, 13
GENEALOGY WORKSHOP	G. SIMONS	10
GENERAL CONDITIONING	S. LOHMANN	6, 18

Classes Continued on Next Page...

Mountain View Senior Center Fall 2007 Class Directory

CLASS	INSTRUCTOR	PAGE
GENTLE YOGA - STRETCH	M. BUSO	10
HIKE FOR HEALTH (TUESDAY)	P. NOYES	7
HIKE FOR HEALTH (THURSDAY)	P. NOYES	16
INTRO TO BUILDING A PERSONAL WEB PAGE	M. SINGER	5, 12
KARAOKE	J. LIAN & C. CHOW	10
KNITTING & CROCHETING CLUB	J. BAUMGARDNER	14
KNITTING SOLUTIONS	C. HUI	15
THE JOY OF MOVEMENT	K. URBAN	14
LINE DANCING	J. LIANG	22
LOW IMPACT AEROBICS	D. ARNOLD-AMMON	10, 19
MEET THE PC	P. MEEK	8, 17
MEMOIRS	S. HALLORAN	19
OILS & ACRYLICS (MORNING)	B. MAGNESON	11
OILS & ACRYLICS (EVENING)	B. MAGNESON	15
ORCHESTRA	C. KOLCHINSKY	13
PHOTOSHOP ELEMENTS	P. MEEK	9, 17
QIGONG (MORNING)	O. WANG	18
QIGONG (EVENING)	L. SIMS	14
QUILTMaking, BEGINNING	P. BELLAMY	20
QUILTMaking TECHNIQUES	P. BELLAMY	7
SENDING AND RECEIVING EMAIL	P. MEEK	8, 17
SEWING WITH A PROFESSIONAL LOOK	R. PESSAH	11
SOCIAL DANCE CLUB	M. WU	7
SPANISH - HIGH INTERMEDIATE	A. PILLING	9
THE SPEECHREADER (LIPREADING)	E. MASTMAN	12
SQUARE DANCING	A. KNOPPE	22
SURFING THE INTERNET	M. SINGER	5, 11
T'AI CHI	O. WANG	5
THERAPEUTIC YOGA FOR SENIORS	N. SUBRAMANIAN	13
WOODCARVING	J. HUNTING	6
YOGA FOR BETTER BALANCE	M. ALEXANDER	8, 21

